

**Guide to Town Senior  
Services**

**Senior Activities Center**

Wendy Petty  
Director

Pam Wilson  
Program Coordinator  
**222-2608**

**Social Services**

Charlene Chiang-Hillman  
Director

Suzanne Friedman  
Administrative Asst.  
**222-2663**

**Town Hall**

Tom Landry  
Town Administrator  
Judy Devito  
Selectman's Secretary  
**203-222-2656**

**Dial-A-Ride**

Gordon Green  
(24 Hr Notice Required)  
**222-2576**

**Drop-In Activities**

Monday

Knitting/Crafts 10-12  
Dance Class 11:00(N)

Tuesday

Beads 10-12  
Great Courses DVD/  
discussion 11-12  
Strength & Fitness 11-12 (N)  
Poker 12:00-2

Wednesday

Yoga 10-11  
Lunch @ Norfield Church

Thursday

Wii Bowling 10-11:30  
Strength & Fitness 11-12 (N)  
Movies 12:00-2

Friday

Yoga w/ Melanie 9-10 (N)

**Wednesday Lunch at  
Norfield at 12 noon**

- (N=Norfield Church)  
Center Hours: M, T, & Th  
**9:30-2:30**

**"THE CENTER"  
A PLACE FOR  
SENIOR ACTIVITIES  
March and April 2012**



Here comes Spring!

Hello everyone,

We are excited to have spring approaching. There are a lot of new programs, lectures, outings and classes lined up for you. The re-decoration is almost complete and we plan to have an "Open House" in May. Watch for details in our next newsletter. Things have been very exciting at the Center. We are so happy to have new faces coming to hang out. We hope that we are offering enough variety in our activities so that there is an interesting selection for all of you, even those of you who have not joined us here before.

We decided to try an assortment of classes to see what you are interested in. Please let us know by signing up or calling with ideas. If we don't get enough interest in something, we will cancel it and try something else.

As always, you don't have to come to the Center for a specific reason. Come and hang out and have a cup of coffee on us, bring your lunch and eat in our new "café", work on a puzzle, or shop in our GIFT SHOP- we have some great new things to buy.

If you are ever unsure if the Center is open due to holidays or weather delays, just call (203) 222-2608, we will leave a recording. Just a reminder, exercise classes are canceled when there is a weather delay or school closure.  
See you soon!



Wendy and Pam

# New New New!!! Classes, Lectures And Programs

Great Courses DVD and Discussion with Jane LaCorte on Tuesdays in March at 11am. This is a free activity (see calendar).

Beading with Carla—bi-monthly \$2.00 per class Tuesdays 3/13, 3/27, 4/10, and 4/24  
The other weeks “make your own” and socialize!

Free Tax Help and Filing Administered through “Tax-Aide” program of the AARP Foundation. 3/12 and 3/26th — appointments necessary.

Cooking w/ Erley \$5.00 per class  
Come to Norfield Parish Hall and make soup with Erley—he will teach you to cook a different recipe each week (vegetable, chicken, and beef). Bring “take home” containers with you! Mondays 3/12, 3/19, 3/26 Sign up required.

Energy Solutions Seminar March 21st at 11:00am. See page 7 for details. Free

Meditation with Dr. Paul Epstein and Co-sponsored with Weston Public Library — Thursdays 3/1, 3/15, 3/22, 3, 29, 4/5, 4/26 9:15-10:15am at the Library. See page 6 for details.

Tai Chi for Seniors: Thursdays 3/15, 3/22, 3/29, 4/5, 4/12, and 4/26 at 9:15-10:15am at The Center. See page 6 for details.

Brain Gym 1—Series of 6 classes \$30.00 for series  
Facilitator Katayoun Kamyab will discuss and practice how to maximize your cognitive potential, decrease impulsivity, improve reasoning, comprehension, organizational and problem solving skills.  
Tuesdays from 1:00-2:00pm 3/13, 3/20, 3/27, 4/3, 4/10 and 4/24 at the Center. Space is limited to 7.

CT Money School presents “Financial Outlook and Protecting your Nest Egg”  
These are evening seminars at the Center from 7:00-8:30pm. 3/27, 4/10 and 4/24 Light refreshments provided. Free and open to everyone! Sign up required.

Easter Basket Floral Arranging Centerpieces with Betty Green April 3rd at 12:30 at the Center. Cost is \$5.00. Sign up required, space is limited.

“Senior Scams and Identity Theft” with Detective Carl Filsinger. April 11th at 11:00am at Norfield Parish Hall. This is a free seminar. Stay for lunch (\$4.00). Sign up required.

Art Classes with Eileen Grace— these are 3 classes, each \$5.00. 12:30-2:00pm Tuesdays 4/10 Pin and Pendant class: go home with a fired ceramic pin. 4/24 and 5/1 Water color painting. \$18.00 for all three classes, supplies included. Sign up required. Classes will be at the Center.

Floral  
arrangement  
class taught by  
Betty Green  
Thank you Betty!



## BOOK CLUB AND MOVIE:

***Snow Flower and the Secret Fan***  
Come join Terry Hully for our next book club followed by the movie and lunch (\$3).

**Thursday, April 26th at 10am.**  
Sign up required. Books will be available at Wednesday luncheons or at the Center.



## CURRENT EVENTS DISCUSSION

**With Laura Smits**

**March 12th and April 9th  
Weston Senior Activities Center.**



## Exercise Classes!

### ~Tai Chi~

This is a 6 weeks series—see description on page 6 (Center-South House Gym)

### ~Dance to the Music with Sandy~

**Mondays @ 11:15 am (55+ welcome)**  
\$3/class (Norfield Parish Hall)

### ~Strength & Fitness with Sandy~

**Tuesdays & Thursdays @ 11 am**  
\$3/class (Norfield Parish Hall)

### ~Yoga with Joy~

**Wednesdays @ 10 am**  
\$3/class (Hurlbutt South House Gym)

### ~Wii Bowling with Anne~

**Thursdays @ 10 am**  
Free (Center)

### ~Yoga with Melanie~

**Fridays @ 9 am**  
\$3/class (Norfield Chapel)

### ~Tennis Lessons Session I~ With Glen Englander

See page 7 for class dates and details..  
These are all drop in classes except for Tai Chi and Tennis lessons, which run as a series.

No classes week of April 16th

## Thursday Afternoon At the Movies!



Join us Thursdays at 12:00 pm at the Senior Activities Center for an afternoon of movie fun! Popcorn is included!  
**Please call for a reservation. Movie and popcorn are free. (203) 222-2608**

**March 1st—Desk Set (1957)** - Bunny Watson (Katharine Hepburn) is a reference librarian whose tepid long-term relationship with television executive Mike Cutler (Gig Young) is fizzling. Enter Richard Sumner (Spencer Tracy), a no-nonsense computer genius who's created a new product named Miss Emmy to automate the work of Bunny and her co-workers.

**March 8th—Crazy, Stupid Love (2011) – PG-13** At fortysomething, straight-laced Cal Weaver (Steve Carell) is living the dreamgood job, nice house, great kids and marriage to his high school sweetheart. But when Cal learns that his wife, Emily (Julianne Moore), has cheated on him and wants a divorce, his perfect life quickly unravels.

**March 15th—J. Edgar – (2011) R**

Leonardo DiCaprio stars in this riveting biopic as J. Edgar Hoover, the longtime FBI director as notorious for his overzealous methods of law enforcement as for the rumors regarding his cross-dressing and close relationship with protégé Clyde Tolson.

**March 22nd—No Movie this week.**

**March 29th—Hugo (2011) PG** When his father dies, 12-year-old orphan Hugo takes up residence behind the walls of a Parisian train station. There, he meets Isabelle, the daughter of filmmaker Georges Méliès, who holds the key to Hugo's destiny.

**April 5th—The Apartment (1960)** Widely regarded as a comedy in 1960, The Apartment seems more melancholy with each passing year. Jack Lemmon plays C.C. Baxter, a go-getting office worker who loans his tiny apartment to his philandering superiors for their romantic trysts.

**April 12th—The Big Year – (2011) PG Comedy**

Inspired by Mark Obmascik's nonfiction book of the same name, this high-flying comedy concerns a trio of competitive bird watchers who vow to win a contest by spotting and recording as many avian species as humanly Possible.

**April 19th—No Movie this week.**

**April 26th —Snow Flower and the Secret Fan (2011) PG-13**In 19th-century China, seven year old girls Snow Flower and Lily are matched as laotong - or "old sames" - bound together for eternity. Isolated by their families, they furtively communicate by taking turns writing in a secret language, nu shu, between the folds of a white silk fan.

The Weston Senior Center would like to help you honor and remember loved ones with our **Always With Us**

program. Donations allow us to develop new opportunities at our Center, provide for needy seniors in Weston, and subsidize programs. With a (tax deductible) donation of your choosing we will send a Memorial or Honor Card to the recipient of your choice. You may also choose to celebrate birthdays, anniversaries or special occasions. We will acknowledge your donation in our newsletter.

Thank you for your support!



*In Loving Memory of:*

Patricia Major

*Given by:*

Lauren and Michael Baber

## Lunch Outings and Trips

### Lunch Outings

1. March 13th—Bertucci's in Westport—Pay for your own lunch
2. March 27th—Brookdale Assisted Living Luncheon and cooking demonstration. This is free, sign up required, space is limited.
3. April 18th—Rizzuto's in Westport Pay for your own lunch

### Trips

#### **Westchester Broadway Theatre**

S'Wonderful—March 22nd \$60.00 includes ticket, bus and lunch—waiting list only.

**Trip to the Trains**—April 12th 1:00-3:00pm with Bruce Lorentzen. Take a tour of Bruce's amazing trains. Refreshments will be provided. Sign up required. (location has 2 sets of seven steps to climb). Bus leaves Senior Center at 12:30pm.

Sign up required—space is limited on the bus.

## Important Medicare Information for 2012

Appointments for Medicare consultation are available two different afternoons a month -- on the first or third Mondays. **MAKE AN APPOINTMENT THROUGH THE WESTON SENIOR CENTER** at (203) 222 - 2608.

If these times or dates are not convenient for you may simply contact a CHOICES counselor at 1(800) 994 - 9422.

**March 5th and 19th  
April 2nd and 23rd**

To reach me if you have any Medicare questions just call the Weston Senior Center. Happy New Year!

Meta Schroeter  
CHOICES Counselor



# March 2012

Mon

Tue

Wed

Thu

Fri

<b>Blood Pressure checks every first and 3rd Wednesday at lunch.</b>			<b>9:15am Meditation at the Weston Library</b> 10am Wii Bowling 11am Strength & Fitness (N) 12:00pm Movie: <i>Desk Set</i>	1 9am Yoga (N)  3:00pm Genealogy sign up required
5 <b>9:15am Commission on Aging</b> 10am Knitting, 11:15am Dancing 12pm Medicare appointments	6 10am Beading -make your own today. 11m Strength& Fitness <b>11a Great Courses-Musicals</b> <b>"The Ragtime Years 1890-1917"</b> 12pm Poker with Stella	7 10am Yoga 12pm Lunch at Norfield Hosted by Norfield Church <i>Bingo</i>	8 10am Wii Bowling 11am Strength & Fitness (N) 12:00pm Movie: <b><i>Crazy, Stupid Love</i></b>	9 9am Yoga (N)  3:00pm Genealogy Sign up required
12 <b>10a Current Events</b> <b>10a Tax help- appts. necessary</b> 10am Knitting 11:00a Dancing (N) <b>12pm – Cooking with Erley – sign up required (N)</b>	13 <b>10am Beading w/Carla</b> 11 Strength&Fitness (N) <b>11a Great Courses-"The Vaudeville Era"</b> 12p Wii Price is Right <b>12:00 Out to Lunch Bertucci's – sign up</b> <b>1pm- Brain Gym</b>	14 10am Yoga 12pm Lunch Hosted by St. Francis Church <b>St. Patrick's Lunch</b> <i>Bob Rissolo</i> 	15 <b>9:15am Tai Chi -Center</b> <b>9:15am Meditation-library</b> 10am Wii Bowling 11 Strength & Fitness (N) 12:00pm Movie: <i>J. Edgar</i> <b>1-2pm "Fall Prevention" w/JC Bender- free At the Center</b>	16 9am Yoga (N)  3:00pm Genealogy Sign up required
19 10am Knitting <b>10am Reiki</b> 11:00am Dancing (N) 12pm Medicare appointments <b>12pm Cooking with Erley – sign up required (N)</b>	20 10am Beading-make your own today. 11Strength & Fitness <b>11a Great Courses "Tin Pan Alley"</b> <b>12p Poker w/Stella</b> <b>1pm Brain Gym</b> 1pm Meadow Ridge Health Open House	21 10am Yoga <b>11am Energy Seminar – come to lunch early (N)</b> 12pm Lunch Hosted by Emmanuel Church <i>Billy Michael</i>	22 <b>9:15am Tai Chi -Center</b> <b>9:15 Meditation-library</b> 10am Wii Bowling 11 Strength & Fitness (N) 11 Westchester Broadway <b>No movie</b> <b>1pm "Change your Thinking"- at Center Free</b>	23 9am Yoga (N)
26 10am Knitting <b>10a Tax help – appointments necessary</b> 11:00a Dancing at (N) <b>12pm Cooking with Erley – sign up required (N)</b>	27 <b>10am Beading w/Carla</b> 11a Strength&Fitness(N) <b>11a Great Courses - "Broadway in its Infancy"</b> 12pm Wii Price is Right <b>12pm Brookdale Lunch</b> Sign up required -free <b>1pm – Brain Gym</b> 7:00-8:30 pm CT Money School RSVP 222-2608	28 10am Yoga 12pm Lunch Hosted by Newcomers and Neighbors <i>John Redgate</i>	29 <b>9:15am Tai Chi-Center</b> <b>9:15am Meditation – library</b> 10am Wii Bowling 11 Strength & Fitness (N) <b>11am Energy follow up</b> 12:00pm Movie: <i>Hugo</i> <b>1pm "Science of Happiness" at the Center -free</b>	30 9am Yoga (N)

# April 2012

Mon

Tue

Wed

Thu

Fri

2	3	4	5	6
<b>9:15am Commission on Aging</b> 10am Knitting, 11am Dancing (N) 12pm Medicare Ap- pointments	10am Beading - make your own today.  11 Strength & Fitness (N) <b>12:30pm Floral Arrange-            ments with Betty – sign            up required.</b> <b>1pm Brain Gym series</b>	12pm Lunch at Nor- field hosted by Nor- field Church <i>Bingo</i> <i>Easter Lunch</i> 	<b>9:15am Tai Chi – Center</b> <b>9:15am Meditation –</b> <b>Library</b> 10am Wii Bowling 11Strength & Fitness (N) 12:00pm Movie: <i>The Apartment</i>	<b>Schools Closed</b> <b>No exercise classes</b>  Good Friday Happy Easter Passover Begins at sundown
9	10	11	12	13
<b>10a Current Events</b> 10am Knitting, 11am Dancing (N) <b>11am-2pm New Eng-            land Hearing Solu-            tions – by appointment</b>	<b>10a Beading w/Carla \$2</b> 11 Strength & Fitness (N) 12pm Wii Price is Right <b>12:30-2:00 Art Class with            Eileen Grace – sign up</b> <b>1pm Brain Gym series</b>  <b>7:00-8:30 pm CT Money            School – RSVP 222-2608            At Senior Center</b>	10am Yoga <b>11a“Senior Scams”(N)</b> 12pm Lunch at Nor- field Hosted by St. Francis Church <i>Don Harrison</i>	<b>9:15 Tai Chi-sign up</b> 10am Wii Bowling 11aStrength & Fitness (N) 12pm movie: <i>The Big Year</i>  <b>1:00-3:00pm “Trains Trip”            sign up required.</b>	9am Yoga (N)
16	17	18	19	20
<u><b>SENIOR CENTER            CLOSED</b></u>  <b>Check in with Center            the week before for            extra activities this            week in case school            opens.</b>	<u><b>SENIOR CENTER            CLOSED</b></u>	<b>No Lunch            at Norfield</b> 12:00pm Out to Lunch – Rizzutos Sign up required	<u><b>SENIOR CENTER            CLOSED</b></u>	<u><b>SENIOR CENTER            CLOSED</b></u>
23	24	25	26	27
10am Knitting 11:00a Dancing (N) 12pm Medicare Ap- pointments	<b>10a Beading w/Carla \$2</b> 11a Strength& Fitness (N) <b>12pm Poker with Stella</b> <b>12:30-2:00 Art Class with            Eileen Grace -sign up</b> <b>1pm Brain Gym series</b>  <b>7:00-8:30 pm CT Money            School – RSVP 222-2608            At Senior Center</b>	10am Yoga 12pm Lunch at Norfield Hosted by Newcomers and Neighbors	<b>9:15am Tai Chi- Center</b> <b>9:15am Meditation – lib.</b> 10am Wii Bowling <b>10am Book Club</b> <i>Snow Flower and the Se-            cret Fan w/lunch \$3</i> 11a Strength & Fitness (N) 12pm movie: <i>Snow Flower and the Se-            cret Fan</i>	9am Yoga (N)
30				
10am Knitting 11:00a Dancing (N)		<i>See Tennis Lesson Ses-            sion I begins April 22nd.            Sign up required. See            details page 7.</i>		

# Other News.....

## Interested in saving money? We have some tips...

- ♦ Use your Stop and Shop grocery store card at Shell Gas stations and get cents off per gallon depending on how much you shop each month. Need help? Give us a call.
- ♦ Come to our Energy Saving Seminar.
- ♦ Ask the places you like to shop or dine if they offer a senior discount. Stop by for a list of other places.

## *New Wellness Lectures, and Programs,*

**Brain Gym 1**—Series of 6 classes \$30.00 for series Facilitator Katayoun Kamyab will discuss and practice how to maximize your cognitive potential, decrease impulsivity, improve reasoning, comprehension, organizational and problem solving skills.

Tuesdays from 1:00-2:00pm 3/13, 3/20, 3/27, 4/3, 4/10 and 4/24 at the Center. Space is limited to 7, sign up required.

**Meditation** with Dr. Paul Epstein, Co-sponsored with Weston Public Library — Series of 6 classes \$30.00. These classes will be held at the Weston Library. Thursdays 9:15-10:30am 3/1, 3/15, 3/22, 3/29, 4/5, 4/26. Sign up required, checks made out to “Weston Senior Center:

**“Fall Prevention”** with physical therapist JC Bender—March 15th at 1:00 at the Center. This is a free seminar, sign up required.

**Meadow Ridge Open House** Tuesday, March 20th 1:00-4:00pm. Call Center for details.

**Tai Chi for Seniors:** New series Thursdays 3/15, 3/22, 3/29, 4/5, 4/12, and 4/26 at 9:15-10:15am at The Center. Tai Chi is a gentle movement class that focuses on balance and the circulation of energy known in Chinese philosophy as Chi. \$30 for series of six classes.

**Visiting Nurse and Hospice** presents a free series at The Center, sign up required.

1. **“Change Your Thinking”**—Change your Life” by Rev. Karen S. Judd, LCSW. March 22nd 1:00pm We will explore the connection and effect our thinking has on how we live our lives.
2. **“The Science of Happiness”** by Kristen Carpenter, LCSW. March 29th at 1:00pm learn the seven habits of happy people.
3. **Reiki** with join Rev. Marti Bishop for a free interactive hour where you will learn how Reiki is an ancient Japanese technique for stress reduction and relaxation. Monday, March 19th 10-11am.

## CALLING ALL VOLUNTEERS..

Call the Center (203) 222-2608



Senior Center—Looking for a Thursday volunteer from 12-3 pm for light administrative help.

Interested in volunteering at Hurlbutt Elementary School to read with the students or help in the library? Call the Center for details.

Senior Center—Looking for jewelry or craft teacher to teach some classes.

## Upcoming Commission on Aging Meetings:

9:15 am Mondays

March 5th and April 2nd

In Activities Room of the Center.

Open to the public

**Seniors are encouraged to attend!  
See Commission members on back page.**

**News Department of Social Services  
Charlene Chiang Hillman, LCSW, MSW**

**Tax Relief program** for the Town of Weston begins April 15th and runs until May 15th. The program includes Abatement, Deferral, and Tax Freeze programs. These are income and asset limit eligible programs. You will need your 2011 1040; your Social Security Form 1099, and documentation of all income and assets. You can apply directly with the Tax Collector or through the Department of Social Services. Don't miss this important savings.

## **Additional Fuel Assistance Funds approved:**

Fuel assistance recipients who have exhausted their benefits should call NEON to access additional funds recently awarded by the Federal Government. The agency that coordinates these funds for Weston clients is (203) 899-2483. For additional questions or assistance, please call Charlene Chiang Hillman or Suzanne Friedman at:

**(203) 222-2663**

**Neighbor to Neighbor Energy Challenge to Host Workshop at  
Weston Senior Activities Center Luncheon**

On March 21, stop by the weekly lunch early to learn about services that are available to help make your utility bills more manageable. This quick presentation will educate attendees about state and non-profit home energy efficiency programs that could be available to you free of charge. This presentation is brought to you by the Neighbor to Neighbor Energy Challenge and the Weston Senior Center. We will talk about Neighbor to Neighbor's free in-home lighting program and CL&P's Home Energy Solutions. Home Energy Solutions is a program that weatherizes and air seals your living spaces to help prevent unnecessary heat loss and block existing drafts. This presentation will be held from 11 am to noon on Wednesday, March 21 in the Parish Hall at Norfield Congregational Church. Additionally, office hours will be held at the Senior Center on Thursday, March 29 from 11:00am to Noon for folks with any outstanding questions for a Neighbor to Neighbor representative. These office hours will be extended if there is a great demand.

Questions? Contact Erin O'Neill with the Neighbor to Neighbor Energy Challenge at

(860) 372-4406, or Wendy or Pam at the Senior Center (203) 222-2608.

**Can you help us with supplies?**

- ♦ 2 pound weights
- ♦ K-cups for our new café kitchen's coffee maker
- ♦ Assorted yarn—not wool
- ♦ New/unused gifts for our store (did you receive any gifts from the holidays that you would like to "re-gift" to us? Donate them to us and we can sell them in our store!)

**Important....**

**We need your favorite recipes!!!**

**We are making a Weston Senior Center Cookbook. Please send us a recipe, include your name, and mail to Weston Senior Center:  
PO Box 1007  
Weston, CT 06883**

**Tennis Lessons with**

**Director of Senior Tennis, Professional  
Glen Englander - 6 class series \$60.00 per person. Includes a complimentary racquet!  
Lessons will be held at the Weston High School Tennis Courts**

**Session I**

4/22, 4/29, 5/6, 5/20, 5/27, 6/3

(no class 5/13 for Mother's Day)

Sundays 12:30-1:30pm at the Weston High School courts. Sign up required.

**Session II**

6/10, 17, 24, 7/1, and 7/8

(no class on 6/17 for Father's Day)

This class is designed primarily for those seniors who have some experience but have not played tennis for a period of time. You do not have to be a Weston resident to sign up.

Sign up at the Center, call (203) 222-2608.

Checks made payable to Weston Senior Activities Center PO Box 1007  
Weston, CT 06883

Do you have an email address? Are you interested in receiving weekly email blasts about what is happening at the Center?

Email [wpetty@westonct.gov](mailto:wpetty@westonct.gov) to be added to the list.

Weston Senior Activities  
P.O. Box 1007  
56 Norfield Road  
Weston, CT 06883  
203-222-2608  
[www.westonct.gov/](http://www.westonct.gov/)

Presort Standard  
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Permit No. 2  
WESTPORT, CT 06880

## Coming soon....

- Yolanda is turning 100 years old on June 25th. Watch for details of this celebration in the next newsletter.
- Watercolor class with Laura Wilk
- Senior Senior Prom
- Live Well Series
- Westchester Broadway Trip
- Volunteer Luncheon
- Trip to Storm King
- Open House Tea Party



## ***Commission on Aging Members:***

Helen de Keijzer, Chair  
Terry Hulley  
Peggy Anderson  
Bruce Lorentzen  
Nancy Hammerslough  
Nina Daniel  
Laura Smits

## **Thank you**

To the Weston Forum for their continued support of our Senior Center.

If you are interested in receiving a subscription to:

## **The Weston Forum**

Please call Karen Reid (203) 926-2080.

Subscriptions are \$30.00 for the year.

Karen can help you sign up!

## **Directions to the Weston Activities Center:**

We are located in the Hurlbutt Elementary School South House building at 9 School Road, Weston, CT. Once you pull into School Road from Route 57 we are located in the first parking lot on your right.